SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 9

Campfire songs

Canadian country singer Dean Brody rides into town next month as part of a 26-show tour featuring a laid-back, unplugged segment around a fake campfire PAGE 7

COUPLAND ON THE HOME LAND

EXCLUSIVE: AUTHOR DOUGLAS COUPLAND SHOWS OFF HIS NEW FURNITURE LINE PAGE 11

SASKATOON metro®
Thursday, January 24, 2013
News worth sharing.
metronews.ca | twitter.com/metrosaskatoon | facebook.com/metrosaskatoon

‘Every family has an opportunity to succeed’

State of the City. Mayor’s address at TCU Place focuses on building community, planning for growth

JANE CAULFIELD
jane.caulfield@metronews.ca

Mayor Don Atchison’s speech at the State of the City address Wednesday had a consistent theme: Building a great city is about building community and supporting its people.

“It’s not about winners and it’s not about losers. It’s about working together as one,” said Atchison to hundreds of people attending the address, hosted by the Greater Saskatoon Chamber of Commerce.

“Every family has an opportunity to succeed in our community. And that is truly important.”

Atchison said one of his goals for the city’s future is to increase the number of people living in the city centre by 10 per cent.

“It’s a lofty goal,” he said. “But imagine if they had the opportunity to live and work downtown. Walking, biking, shopping and living in the downtown.”

Citing a city-council decision made earlier this month to begin assessments for the north commuter bridge, Atchison said the city must plan appropriately so it can continue to show similar signs of success.

In doing so, he suggested, the city will be recognized globally as an attractive place to live, helping to maintain a rich and diverse culture.

“When families decide to move, it is because the destination is a place of hope and prosperity,” said Atchison. “Thousands of people are moving to Saskatoon because it offers the potential for success.”

In his closing remarks, Atchison expanded the theme of working together, suggesting continued growth should include working with surrounding communities.

Follow Jane Caulfield on Twitter @janecaulfield

Atchison’s P3

Playing off of Tuesday’s announcement of a P3 project, which has the federal government adding financial support to build a new Civic Operations Centre, Mayor Don Atchison said he has his own kind of P3 for Saskatoon: People, pavement and progress.

Atchison mentioned a number of projects that focus on these three things, including:

- Building a six-lane north commuter bridge
- New Homewood and Kensington neighbourhoods
- North Downtown Business District

Mayor Don Atchison gives his State of the City address Wednesday at TCU Place. The address is an annual event hosted by the Greater Saskatoon Chamber of Commerce, and attracts hundred of people from around the city.
JANE CAULFIELD/METRO

Thumbs up if you’re addicted to Facebook

Two web developers want you to know you’re not alone, and there’s help if you’re ready PAGE 3

Spence ends six-week hunger strike

The Attawapiskat chief calls a halt to her fast, but she and her supporters still want a meeting with the PM and Governor General PAGE 4

The skinny on your jeans

It’s every fashionista’s conundrum: What shoes do you wear with those pants? PAGE 10

NEWS 1

City hungry for feedback on street-side snack shacks

Current regulations.
Food trucks permitted to operate only on private commercial property

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Food trucks could be coming to a street near you.

The City of Saskatoon wants input from the public and stakeholders on looser food-truck regulations that could bring the mobile snack shacks off of private property and onto city streets.

From 2 p.m. until 8 p.m. Thursday, the City of Saskatoon will hold an open house on food-truck regulations at Frances Morrison Library downtown.

Alan Wallace, manager of planning and development with the city, said they want to dispel misinformation that food trucks are prohibited while getting feedback on how the public and stakeholders feel about current regulations.

Wallace explained the city feels street-side food-truck operations could help make the city a more vibrant place to live. But he said they also want to make sure they develop regulations responsibly, so they don't draw customers or revenue away from permanent restaurants.

Jonathan Schryer, owner and general manager of Schryer's Smoked BBQ Shack, which operates two food trucks at events over the summer, says street-side operation would benefit his business but he hopes regulations ensure food trucks don't poach customers from established restaurants.

"It allows you to expand your business without necessarily expanding your operating costs dramatically," said Schryer. "To set up a second location for a restaurant, it's quite an obstacle … but just to be able to get a truck and move out that way, it costs a lot less and it's a lot easier."

Information collected at Thursday's open house will then be compiled as part of a report that will be submitted to city council.

Quoted

"We want to start talking about expanding the policy to allow more opportunities, and these are opportunities on the public street."

Alan Wallace, manager of planning and development with the city

Jonathan Schryer, owner and general manager of Schryer's Smoked BBQ Shack, poses for a photo beside one of his restaurants' two mobile food trucks. The City of Saskatoon is holding an open house Thursday to get feedback on current food-truck regulations from stakeholders and the public. MORGAN MODJESKI/METRO

Education Ministry adds time to school day

Education Minister Russ Marchuk speaks to media in the legislative building on Wednesday. In response to a 2011 provincial auditors report, there will be 950 hours of instruction mandatory each year in Saskatchewan schools. JEFF MACKEY/METRO

School days in Saskatchewan are about to get a bit longer.

Beginning in the 2013-14 school year, the number of instructional hours for students from kindergarten to Grade 12 will be set at a minimum of 950 hours each year.

"The range of instructional time across the province varies from a low of about 910 hours to a high of 940 hours," said Education Minister Russ Marchuk.

The concern of inconsistent instruction hours in Saskatchewan schools was raised in a 2011 provincial auditors report.

The ministry chose 950 instructional hours to be the minimum to address this discrepancy. The 950-hour figure is also more consistent with other Canadian provinces.

"Manitoba has a minimum for kindergarten to Grade 6, I believe, at 925 hours and at the high school level 1,015 hours," said Marchuk. "In Alberta, kindergarten to Grade 6 is 950 hours and high school is 1,000. In B.C their number is 952 hours."

The number of school days each year is not set to change. Instead, extra time will be tacked on to existing school days. "The contracts for teachers are based on a 197-day school year, and I don't anticipate that changing," said Marchuk.

Marchuk says he will work with school divisions in the province to determine the new calendar, leaving room for flexibility between divisions.

"Together we will develop a calendar that incorporates professional development time for teachers as well as maintaining the 950 hours," he said. "There is no intent on our part to affect any of the local agreements that school divisions have negotiated with teachers across the province." JEFF MACKEY/METRO

No money for somethin'

40

Teachers could face as many as 40 hours of extra work a year for the same pay.

$6.4 million

Saskatoon United Way raises more money than ever

The United Way of Saskatoon and Area fell short on its $6.7-million Community Campaign goal, but despite this, organizers say the campaign was still a massive success.

Raising a total of $6.4 million, the 2012 campaign grossed the most money the organization has ever raised, and according to the 2012 Community Campaign chair, Linda Moulin, they're happy with the results.

Moulin said the $6.4 million would be invested in a number of organizations that support those in need in Saskatoon. METRO

Call for help

Guards allegedly ignored inmate before her death

A group that works with women in prisons is raising questions about the death of an inmate at the federal psychiatric centre in Saskatoon. Kinew James was found unresponsive in her cell Sunday and later died.

The Canadian Association of Elizabeth Fry Societies says other inmates have reported hearing James shouting for help and using a distress button in her cell.

Sue Delanoy, executive director of the society in Saskatchewan, says the question is whether guards responded to the 35-year-old woman quickly enough.

THE CANADIAN PRESS

Highway death

Truck may have been stolen

A Saskatoon man who may have stolen a truck may have ultimately paid for his mistake with his life on a Manitoba highway. RCMP were called to the scene Wednesday near Richer, Man., where a man had been hit by a semi. METRO

FAddict's Toronto-based developers have bets going on whether some heavy Facebook users will be able to abstain for an entire month. ISTOCK

Facebook or five bucks — the choice is yours

Social-media addiction. New website helps you stay off Facebook by targeting your wallet

LUKE SIMCOE
Metro Online

Are you addicted to Facebook? If so, the folks at FAddict want to help.

Created by Faisal Abid and Charlie Mclean of Toronto's Dynamatik — a startup that helps other startups — the website's premise is simple: Pay $5 and deactivate your account. If the account remains untouched for 30 days, you'll get your money back.

If you give in and try to sneak a wall post or stalk your old flame, then Abid and Mclean will take your five bucks and donate it to the Centre for Addiction and Mental Health.

"Because it's about Facebook addiction, we thought we should give the money back to mental health," Abid said.

The site was created last weekend after the Dynamatik duo challenged themselves to see how quickly they could develop a working application.

"We literally made the whole thing in three hours," said Abid.

In 2010, Facebook's lawyers hit a similar service, known as the Web 2.0 Suicide Machine, with a cease-and-desist letter. Abid and Mclean are hoping to avoid the same fate by not using Facebook's API. Instead, FAddict simply queries a user's unique Facebook URL. If the site returns an error message, they know the account is still dormant.

You in?

By Wednesday, more than 20 people had signed up to try to quit Facebook. None of them have failed — yet.

- To sign up, visit faddict.io.

United States

Ban on women in combat lifted

Senior U.S. defence officials say Pentagon chief Leon Panetta is removing the military's ban on women serving in combat, opening hundreds of thousands of front-line positions.

The groundbreaking move recommended by the Joint Chiefs of Staff overturns a 1994 rule prohibiting women from being assigned to smaller ground-combat units. Panetta's decision gives the military services until January 2016 to seek special exceptions if they believe any positions must remain closed to women. THE ASSOCIATED PRESS

Vancouver. Oprah draws ire over foreskin cream

Oprah rubbed a group of Vancouver activists the wrong way when she promoted face cream derived from foreskin.

The Canadian Foreskin Awareness Project will protest outside Oprah's show at the Rogers Arena Thursday to condemn her endorsement of SkinMedica products.

"How do you think Oprah Winfrey would respond if a skin cream for men used tissue taken from the genitalia of little girls? I think people would lose their minds," founder Glen Callender said in an interview.

SkinMedica spokeswoman Chrissy Baum noted that there is no actual foreskin in the products and that the growth factors "were bioengineered from a single donation ... more than 10 years ago."

Oprah Winfrey in March 2012
GETTY IMAGES FILE

But Callender's group takes issue with any circumcision done without consent, which infants cannot provide. EMILY JACKSON/METRO IN VANCOUVER

Let your savings have a happy new year too.

GIC 1-YEAR SPECIAL RATE 1.6%*

WIN 1 of 5 $10,000** PRIZE PACKS

Take advantage of this limited time offer. Plus, a chance to win $10,000.**

Purchase a 1-year GIC at a rate of 1.6%* and be entered for a chance to win 1 of 5 $10,000 prizes, while this offer lasts.

Visit your nearest Scotiabank branch, call 1-800-515-3329 or go to *Scotia OnLine*.

scotiabank.com/giccontest

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.
* The 1.60% annual interest rate applies only to the Special Rate 1-year non-redeemable GIC, which is a Canadian dollar investment. The Special Rate 1-year non-redeemable GIC is available within registered, non-registered and TFSA portfolios. Interest is accrued daily on your GIC from the issue date up to, but not including, the maturity date. Also, interest will be accrued on the leap day in a leap year. Annual interest rate for a GIC paid monthly is 1.35% and semi-annually is 1.475%. Last interest payment is on maturity. If the maturity date does not fall on a business day then the term of the GIC will be extended to the next business day and interest will be paid to that day. This Special Rate GIC offer is not to be used in conjunction with any other rate bonus or discretionary offers. The Bank of Nova Scotia, Scotia Mortgage Corporation, Montreal Trust Company, and National Trust Company each issue this Special Rate GIC. We reserve the right to change, extend or cancel this offer at any time without prior notice. A $1,000 minimum investment is required.
** No purchase necessary. Contest is open to legal residents of British Columbia, Alberta, Saskatchewan and Manitoba who have reached the age of majority in the province in which they reside at the time of entry. No employees, agents or representatives of The Bank of Nova Scotia and their respective agents, affiliates, subsidiaries, related companies, advertising or promotional agencies, or assignees; or a member of the household and/or immediate family of any of the above parties are eligible to participate in the contest. Visit scotiabank.com/giccontest for entry details and full rules. Contest starts at 12:01 a.m. on January 14, 2013 and ends at 11:59 p.m. on January 31, 2013. Odds of winning a prize depend on the total number of eligible entries received. Correctly answering a skill testing question required. Limit one prize per customer.

Prof in search of privacy-compliant surveillance cam

Cash reward. Privacy laws require businesses filming public areas to inform people that they are being recorded

JESSICA SMITH
Metro in Toronto

A University of Toronto professor is offering $100 to anyone who can show him a surveillance camera, operated by a business, that complies with Canada's privacy laws — but it isn't an easy C-note.

"We thought this is something that calls for more attention, so we wanted to document the problem, without having to do all the documentation ourselves," said Prof. Andrew Clement, co-ordinator of the Information Policy Research Program at the University of Toronto.

Privacy laws differ between provinces and between the public and private sectors, but Canada's privacy commissioner's office has summed up the requirements businesses have when recording people's images in a public area, said Clement. One requirement that is lacking in most cases is a sign informing people that they are being recorded.

The signs should also say what the purpose of the surveillance is and who to contact about it, said Clement.

After two years of offering the $100 reward to his students for educational purposes, he's now opening it up to the entire country. Anyone can submit photos and descriptions of surveillance cameras to surveillancerights.ca and through an Android smartphone app, which is at the beta-testing stage, available through the app store Google Play.

In some cases, it can be hard to tell who is responsible for a camera, which in itself is a problem, said Clement.

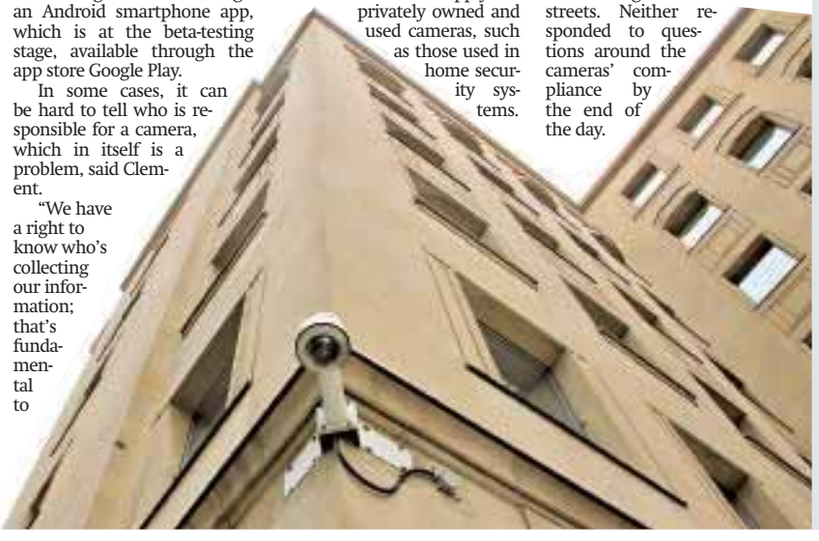
"We have a right to know who's collecting our information; that's fundamental to our privacy legislation," he said. "If you don't see a sign, it's clearly not compliant with privacy laws around informed consent."

That law does not apply to privately owned and used cameras, such as those used in home security systems.

On Wednesday, Metro contacted a large property-management company and a luxury hotel chain, both of which have surveillance cameras looking out on downtown streets. Neither responded to questions around the cameras' compliance by the end of the day.

Privacy probe

"Now is the time for us to pay attention to where our personal information is going and who's doing what with it for what reasons."
Prof. Andrew Clement



Here's lookin' at you

Why you should care

Clement believes informing people when they are being recorded is important now, but will become more important in the future as technology develops.

Video surveillance is also an issue for people who don't want their intimate moments recorded and marginalized people, when under surveillance, will more likely be treated with suspicion, he said.

"A growing concern, which hasn't emerged much yet, is when analytic capabilities are being built into these cameras — facial recognition or other kinds of tracking," he said.

Technology is being developed that can track people's information and link it to their images, said Clement, adding now is the time for people to insist on their privacy rights. METRO

Antarctica. Rescuers looking for 3 Canadians on missing plane

Rescuers looking for three Canadians aboard an airplane presumed to have gone down in Antarctica were grappling with bad weather conditions Wednesday, as low visibility and strong winds hampered search efforts.

No information was available on the fate of the three men aboard the ski-equipped Twin Otter, which is owned by Calgary-based Kenn Borek Air.

A spokesman for the U.S. National Science Foundation, which operates a research station helping in the search for the missing plane, said the trio aboard the aircraft are thought to be Kenn Borek crew members — a pilot, a co-pilot and a flight engineer.

"My understanding is that it was just the flight crew and no passengers," said Peter West, who is based in Arlington, Va., and had been in touch with crews in Antarctica.

The plane was flying from the South Pole to an Italian base in Antarctica's Terra Nova Bay.

"The flight was under the auspices of the Italian National Agency for New Technologies, Energy and Sustainable Economic Development," said West. "That's who the flight was in support of."

Some Canadians discussing the incident on Twitter identified Kenn Borek pilot Bob Heath as one of those on board the missing plane. Calls to his residence were referred to the airline.

"Fingers crossed bigtime for friend Bob Heath — pilot of missing Kenn Borek Twin Otter down in Antarctic...25+ years experience extreme flying," tweeted one person.

Few details were available on the condition of the missing aircraft, which began transmitting signals from its emergency locator beacon late Tuesday night. THE CANADIAN PRESS

High-risk rescue

Kenn Borek Air has been in operation since 1970. According to the company's website, 14 aircraft participated in its 2012 Antarctic season.

- The company, which is also a fixture in Canada's North, has been sending planes to Antarctica for the past 28 years.
- In 2001, its pilots and planes were involved in the daring rescue of an ailing American doctor from the Amundsen-Scott South Pole Station.

Forcing the discussion. Chief Theresa Spence to end 44-day hunger strike

Attawapiskat Chief Theresa Spence has agreed to end her hunger protest, and National Chief Shawn Atleo is coming back to work, but Ottawa–First Nations politics are certainly not returning to normal.

Spence agreed Wednesday to call a halt to her 44-day fast, during which she stayed in a teepee on a frigid island upstream from Parliament Hill — and managed to push First Nations issues to the top of the national political agenda.

The protest commanded the attention of Prime Minister Stephen Harper, and galvanized public opinion in Canada and around the world, revealing a stark division between people who want to see more help for First Nations and those who believe they already get too much.

The protest also exacerbated a schism within the Assembly of First Nations, with many chiefs questioning Atleo's leadership, and touched off a round of public soul-searching about what it takes to bring success to aboriginal people in Canada.

"Our shared goal is simple and clear: To guarantee that our children can achieve the brighter future that they deserve. This is what every chief across this country ... will continue to fight to achieve," Atleo said in a statement Wednesday.

Spence has been subsisting only on fish broth and medicinal tea since Dec. 11.
THE CANADIAN PRESS

Chief Theresa Spence is ending her 44-day hunger strike, which was initially supposed to help set up a meeting with the prime minister, the Governor General and First Nations leaders. FRED CHARTRAND/THE CANADIAN PRESS

Pizza, but no cash

Would-be thief changes his mind

A Montana man who apparently planned to rob a Papa John's restaurant changed his mind as the clerk started to hand him money, broke down crying and ended up leaving with a pizza offered to him by the clerk to feed his hungry family. Helena Police Chief Troy McGee praised the clerk's actions, and said he's not sure what he could charge the man with.
THE ASSOCIATED PRESS

Judges vs. kids

Kremlin shelves exclusive hospital

The intention to turn a St. Petersburg clinic treating pediatric cancer patients into one that would exclusively serve judges and staff of Russia's highest courts spread widespread public dismay.

More than 100,000 people signed a petition to President Vladimir Putin, a city native, urging him to scrap the plan to change City Hospital No. 31. In a rare occasion of what appears to be the government bowing to public pressure, the plan was shelved Wednesday.
THE ASSOCIATED PRESS

Next in line

Joe Biden for president in 2016?

A few days into President Barack Obama's second term, talk has already turned to who will run to succeed him in 2016 — and his often unscripted vice-president has become the latest favourite in the guessing game.

Biden has been called perhaps the most influential vice-president in U.S. history, and his decades of experience in the Senate have been used to help broker deals on the recent so-called "fiscal cliff" and lead on issues such as gun control. THE ASSOCIATED PRESS

Morocco

Gov. to change law that allows rapists to marry victims

Nearly a year after Morocco was shocked by the suicide of a 16-year-old girl who was forced to marry her alleged rapist, the government has announced plans to change the penal code to outlaw the traditional practice. A paragraph in the penal code allows those convicted of "corruption" or "kidnapping" of a minor to go free if they marry their victim. THE ASSOCIATED PRESS

Corporate wireless market.
RIM opens secure enterprise system to other smartphones

Smartphone owners who want to use their personal phones at work can now pick whether it's a BlackBerry, iPhone or Android device.

Research In Motion made the latest update to its secure enterprise service available for download to IT professionals on Wednesday. RIM said it gives IT departments the flexibility to accommodate a growing trend of bring-your-own-device in workplaces.

"It's a single platform, from an IT perspective, that can manage the full suite of mobility devices they may need to support inside of their organization," said Jeff Holleran, senior director of enterprise product management of RIM in a recent interview.

The move comes as competition heats up for the highly lucrative corporate smartphone market, which has largely been a stronghold for RIM for years. But other players in the industry are making their own plans. THE CANADIAN PRESS

Defensive move?

- Opening up its enterprise service also protects RIM from the possibility that its new devices could be considered a sales flop.
- With a system that invites both the Apple and Android operating systems into the fray, it could continue to operate no matter the outcome of the new product launch.

Market Minute

DOLLAR
100.10¢
(-0.64¢)

Natural gas: $3.57 US (+1¢)
Dow Jones: 13,779.17 (+66.96)

TSX
12,794.05 (-30.59)

OIL
$95.23 US (-$1.45)

GOLD
$1,686.70 US (-$6.50)

Is N.Y.C.'s soft-drink size limit racist?

Legal challenge. New rule to curb sugary beverages could harm minority businesses, opponents argue

Various sizes of soft-drink cups stand next to stacks of sugar cubes during a May 2012 news conference at city hall in New York. Critics of the city's regulation limiting the size of soft drinks are using arguments including racial fairness to try to stop the rule taking effect. THE ASSOCIATED PRESS FILE

Opponents of New York City's limit on the size of sugary drinks are raising questions of racial fairness alongside other complaints as the novel restriction faces a court test.

The NAACP's New York state branch and the Hispanic Federation have joined beverage makers and sellers in their effort to stop the rule from taking effect March 12. Critics are attacking what they call an inconsistent and undemocratic regulation, while city officials and health experts defend it as a pioneering and proper move to fight obesity.

The issue is complex for the minority advocates, especially given that obesity rates are higher than average among blacks and Hispanics, according to the federal Centers for Disease Control. The groups say in court papers they're concerned about the discrepancy but the soft-drink rule will unduly harm minority businesses and "freedom of choice in low-income communities."

The latest in a line of healthy-eating initiatives during Mayor Michael Bloomberg's administration, the beverage rule bars restaurants and many other eateries from selling high-sugar drinks in cups or containers bigger than 16 ounces.

The NAACP and the Hispanic Federation, a network of 100 northeastern groups, say minority-owned delis and corner stores will end up at a disadvantage compared to grocery chains.

That's because supermarkets and many convenience stores — including 7-Eleven, home of the Big Gulp — aren't subject to city health regulations. THE ASSOCIATED PRESS

Ross' Gold

Rebagliati to open medical-marijuana franchise

Marijuana almost cost him a gold medal at the 1998 Olympics, but snowboarder Ross Rebagliati is hopeful the substance could soon earn him millions. He plans to open a medical-marijuana franchise under the name Ross' Gold, with storefronts in Whistler, Vancouver and Toronto, he announced Tuesday.
EMILY JACKSON/ METRO IN VANCOUVER

Holiday sales

Apple's winning streak appears to have hit a bump

Apple's blockbuster revenue growth is slowing drastically, as iPhone sales plateau and the company finds itself lacking revolutionary new products. The company's warning was issued Wednesday as part of its financial results for the holiday quarter.
THE ASSOCIATED PRESS

PRE-OWNED CLEARANCE

FFUN >> Acura Centre of Saskatoon

We're overstocked with quality trade-ins, many with one tax only.
To solve this problem we are having the REAL sale.

2006 Acura TL
Stock# 41083A
V6, Automatic, Sunroof
$17,988
$217 bi-weekly

2010 Acura RDX Tech
Stock# 42080A
All-Wheel Drive
$33,988
$281 bi-weekly

2009 Dodge Journey RT
Stock# 42103A
V6, Automatic, Mint!
$24,988
$209 bi-weekly

2008 Infiniti EX35
Stock# A2663
Luxury package, AWD
$27,988
$285 bi-weekly

2009 Mazda 3 GT
Stock# A2672
Low Kms, Manual
$17,488
$156 bi-weekly

2007 Toyota RAV4 Ltd
Stock# A2670
V6, All-Wheel Drive
$23,988
$246 bi-weekly

2008 Acura TSX
Stock# A2671
Auto, with Navigation
$20,988
$206 bi-weekly

2011 AcuraMDX Tech
Stock# A2658
V6, SH-All-Wheel-Drive
$42,988
$371 bi-weekly

2010 Toyota Corolla S
Stock# A2664
Automatic, Sunroof
$18,988
$169 bi-weekly

2010 Ford Edge Ltd
Stock# A2669
All-Wheel Drive, V6
$27,988
$244 bi-weekly

FFUN >> Acura Centre of Saskatoon
306.659.6000 | acuracentre.com | 655 Circle Drive East, Saskatoon, SK

WEATHER YOU FEEL LIKE IT OR NOT

HE SAYS...
John Mazerolle
metronews.ca

If you're a typical Canadian — a Roots-wearing, "sorry"-saying, proud-to-be-humble Tim Hortons tenant — then you've probably noted during the recent sub-zero temperatures that weather is relative.

Oh, sure, we Canadians get cold, vibrating in bus stops at frequencies that would be of interest to scientists who work at the Large Hadron Collider, but we won't stand for anybody else saying that they're cold.

Observe.

"It's been -10 C for several days in Toronto and it's triggered an extreme cold alert that …"

By the time I get to that part in the sentence, there has been a great disturbance in the Canuck Force, with millions of voices scoffing out at once, then sputtering into silence. Also, hundreds of Internet commentators are pounding out dismissive missives about how cold their mom's basement gets.

Similarly, if a Montrealer were to complain about 40 centimetres of snow, you can bet that a Newfoundlander would say they consider that a pleasant shake of the snow globe, suitable for family photos.

I call these scornful reactions Cold Snaps.

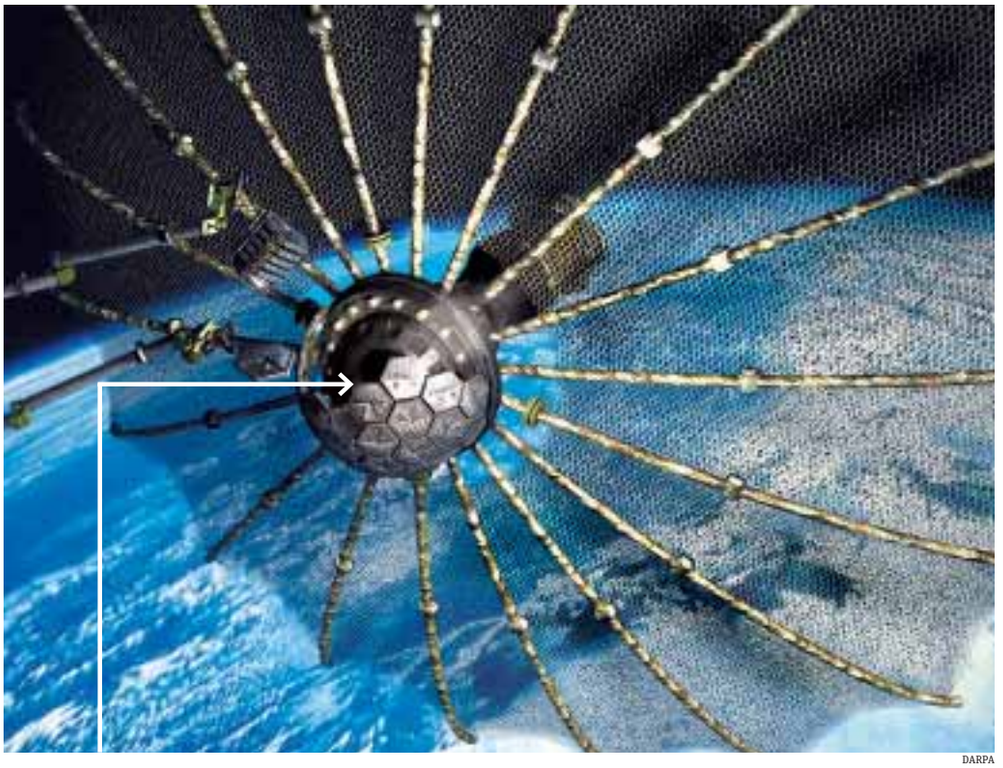
It's a natural response, but as a columnist known for my desire to bring people together, I don't think it's necessary. After all, weather isn't really relative. Did you know that most weather terms actually have very specific meanings?

It's true. Meteorologists have scientific definitions attached to things like "blizzard" and "wind chill," so there's no need to bicker about who's wintrier-than-thou. Use this glossary to heat up (ha!) any arguments over the course of this long, dark winter.

Weather glossary:

- **Arctic air mass.** Catholic service in will-they-or-won't-they wedding on season cliffhanger of popular CBC program.
- **Blizzard.** Delicious ice cream confection from Dairy Queen. Spilling one enough to put army on alert in Toronto.
- **Cold November rain.** Weather pattern caused when your fears subside and shadows still remain. Typified by epic guitar.
- **Deep freeze.** Where Canada — "seemed nice, quiet, kept to itself" — likes to hide the bodies.
- **El Nino.** First sailing ship to bring global warming to the New World.
- **Flurry.** Group of deals that happens at NHL trade deadline.
- **Freezing rain.** Rain that freezes. I mean, come on.
- **Frostbite.** Right of passage for all teenagers who would rather have their ears turn bright red and swell to twice their normal size than be caught wearing a hat, which might look stupid.
- **Heavy snowfall.** Snowfall that makes you think.
- **Hypothermia.** The most awesome and romantic way to die, as seen in Titanic.
- **Ice fog.** Hangover caused by Molson Ice. Reduces visibility.
- **Lake-effect snow.** A complex meteorological phenomena as explained by a caveman.
- **Large southern air mass.** Meteorological event that occurs with proper combination of Taco Bell and diet Pepsi. May lead to evacuations.
- **Precipitation.** Anything that falls from the sky, including rain, sleet, snow, manna and Canadian military equipment.
- **Snow.** David Phillips, Environment Canada's senior climatologist, can set you up if you need some. He knows a guy.
- **Snowpack.** Canadian rapper tragically killed at 32 (Fahrenheit).
- **Wind-chill index.** Chart showing how relaxed the breeze will make you feel that day, from "patio chime tingler" to "bracing wind off the lake." Sometimes shortened to "chillex."
- **Winter storm.** Canadian adult-film actress and star of Bare Ice, Blowing Snow Warning and Waterspout Watch 7.

Space's future 'vacuum' cleaner



DARPA

Space satellite salvage

U.S. unveils plan to clean outer space

In the crudest way to describe them, they are "space grave robbers," but the U.S. Defense Department agency DARPA will provide a valuable salvage service.

The Defence Advanced Research Projects Agency has unveiled illustrated plans of a satellite program that will scavenge defunct satellites and recycle them to build new ones.

METRO WORLD NEWS

DARPA's viewpoint

"We're attempting to essentially increase the return on investment and try to find a way to really change the economics so that we can lower the cost (of military space missions)."

David Barnhart
DARPA program manager

The Defence Advanced Research Projects Agency is spending $180 million US on testing their technologies.

In the future

Agency identifies satellites to retire

In 2016, DARPA will launch a demonstration mission that seeks to resurrect an old antenna from a yet-to-be-determined decommissioned satellite.

DARPA has identified about 140 retired satellites that it can choose from for its first test. DARPA staff said one way to keep costs down would be for the mini-satellites to hitch a ride aboard available space on commercial rockets.

METRO WORLD NEWS

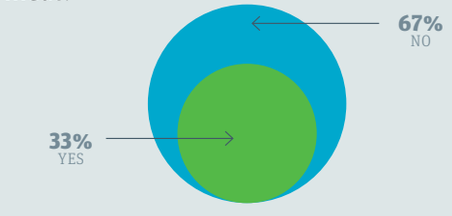
DARPA's past ideas

- **Upward-falling payloads.** Robotic drones would rise from ocean depths to perform missions.
- **100-year starship project.** The project started in 2011 to transport humans beyond the solar system within a century.
- **Project Orion.** The concept of interplanetary spacecraft periodically dropping nuclear bombs out of its rear.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you eat a burger containing horse meat?



Twitter

@JayDjModus: Had to wear my full pajamas under my suit today and I still FROZE. You know it's cold out when. #canada #yxe

@JupiterMaHoney: Meanwhile in #yxe .. Running outside in -30 in a housecoat and slippers to plug your car in, totally acceptable. #winter #desensitized

@SaskatoonSPCA: There's an article circulating online with regards to small white yappy dogs being banned in Saskatoon; rest assure this article is a satire

@AlexandraStang: It's -23 degrees in Saskatoon, and our office heating system is down. Thanks Old Man Winter. #yxe

@NatalieStruck: Loving the blue recycle bin! Thank you City of Saskatoon for actually making a smart decision for once.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Barry Paton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

Chilled from winter? Come join Dean Brody's campfire

On tour. Singer gets ready to hit Saskatchewan with new material and an unplugged session

BACKSTAGE PASS
Simon Hiatt
scene@metronews.ca

Dean Brody fans know they can expect a real party when he rolls through Saskatchewan next month, but it might be hoping for too much if they expect it to surpass the last time he was here.

Last fall, when the Canadian Country Music Awards were held in Saskatoon, Brody was the big winner, taking home trophies for album and male artist of the year. But he says his lasting memories from the event don't involve collecting hardware.

"My favourite part is being able to hang out with other artists; they understand what your life is like. A lot of time out on the road we cross paths but we don't get to hang out," Brody said in a telephone interview from his home in Halifax.

Last year was filled with highlights for Brody. His third album, Dirt, debuted at No. 1 on the Canadian country charts and was wildly popular with his fans despite featuring a somewhat new sound.

"It has a lot of range as far as where I was when I wrote the record. I get really bored writing the same kind of songs. So on this record you'll find bluegrass and stuff that's more progressive," said Brody.

"I really appreciate that my fans allow me stretch the boundaries a bit in that way."

Brody will get the chance to thank those fans in person as he heads out on tour to do 26 concerts over the course of the next month. He says the shows will reflect the diverse nature of the album.

"We're going to do the rocking songs and have a lot of fun, but we're also going to try an element that will be quite different," said Brody.

"We're going to do an unplugged section where we're all sitting around a fake campfire and just singing songs like you might hear them if we were playing them in your kitchen."

His fans seem willing to follow Brody no matter what direction he takes; several shows have already sold out.

"You know when you first hear you're going to be doing a headlining tour, you're like 'OK, I hope this works out'. And so to see the numbers come in, and the passion from the fans is really exciting," said Brody.

Dean Brody plays Feb. 7 at the Odeon in Saskatoon and Feb. 8. at the Casino Regina Show Lounge.

Why winter?

It's perhaps no surprise Dean Brody is choosing to tour in the winter. A 2008 waterskiing accident on the Potomac River forced him to postpone a tour as he had to undergo major reconstructive surgery and have a titanium plate inserted in his cheek. "I have no temptations to waterski anymore, that temptation is gone," he said with a laugh. "But I did just buy a surfboard, so I have to learn how to surf. But that'll be after the tour."

Dean Brody plays Saskatoon Feb. 7 and Regina on Feb. 8. HANDOUT

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

14th Annual Winter Clearance Sale
QUILTING COTTONS
INCLUDING FLANNELS AND DR. SEUSS
Regular Price up to $18.95/m
25% OFF! REGULAR PRICE
Unique Textiles Studio Inc.
500-234 1st Ave South
(across from Sears)
306.653.4977
Mon-Wed 9:30-5 • Thu 9:30-7 • Fri-Sat 9:30-5:30
SEWING & SERGER SERVICING AVAILABLE

THE GREAT DIGITAL FILM FESTIVAL™ 2013

$6* ALL FILMS

ONE WEEK ONLY
FEBRUARY 1 - 7

ALL YOUR FAVOURITES.
PRESENTED IN DIGITAL
ON THE BIG SCREEN.

INDIANA JONES & THE LAST CRUSADE
INDIANA JONES & THE TEMPLE OF DOOM • JAWS
INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL
A CLOCKWORK ORANGE • AN AMERICAN WEREWOLF IN LONDON
PULP FICTION • RAIDERS OF THE LOST ARK • RESERVOIR DOGS
BATTLE ROYALE • CASINO • COCKNEYS VS ZOMBIES
• THE FIFTH ELEMENT • THE MATRIX • 2001: A SPACE ODYSSEY
• GOODFELLAS • GREMLINS • OLDBOY

TORONTO • VAUGHAN • MISSISSAUGA • WATERLOO • ANCASTER
• OTTAWA • LONDON • WINDSOR • SUDBURY • WINNIPEG
REGINA • SASKATOON • CALGARY • EDMONTON • VANCOUVER
• LANGLEY • VICTORIA • MONTREAL • BROSSARD

Visit Cineplex.com/Digitalfilmfest
For Tickets And Participating Theatres

FACEBOOK.COM/FRONTROWCENTREEVENTS @FRCEVENTS

CINEPLEX

FRONT ROW CENTRE EVENTS CINEPLEX

All films subject to provincial classification. Films subject to change. *Price includes taxes. ™® Cineplex Entertainment LP or used under license.

Marlon Wayans ushers in some Ghostbuster wannabes in A Haunted House. HANDOUT

Candid Wayans weighs in on the parody genre

A Haunted House.
Scary Movie co-writer talks about his new movie while thrashing some of his old movie's 'horrible' spin offs

HEIDI PATALANO
Metro World News in New York

Marlon Wayans knows parody. He knows what it should be and what it shouldn't be. As one of the creative forces behind the sketch show In Living Color and the first two Scary Movie films, he's become one of the foremost experts on the topic along with his six famous siblings.

"I'm not saying that we're geniuses. I'm saying that if you like what we do, there's a reason," says Wayans. "It's not an accident. It's what we do. When people try to mimic it, it usually comes out pretty damn horrible."

The writer, producer and actor is quick disassociate himself with some spin-offs that followed the Scary Movie films he worked on.

"Scary Movie was a great franchise for us," he says. "We created it and we raised it. We were very proud when we did two. We sent it off to college on three and it turned into a crackhead. Now it's turning tricks in the street and I'm just going, 'That's not my child.'"

What's the problem with Scary Movie 3 and onward? Epic Movie, Date Movie and Disaster Movie too?

"A good parody should stand on it's own as a movie and not always be pop culture references or movie references," Wayans says. "That's not what a parody is — some of the things are similar but it's a story that you can follow with a character that you like."

Putting aside the franchises that have gone wrong, Wayans can keep doing what he loves doing. He has turned his attention to a new horror-comedy. A Haunted House is a found-footage movie about an African-American couple living in a house possessed by a demon.

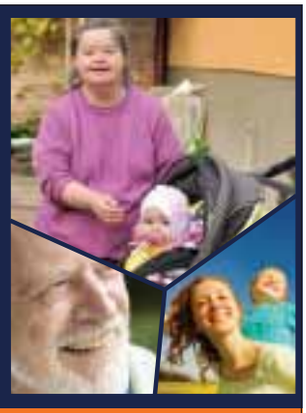
"I was watching Paranormal Activity which is one of the biggest franchises in the found footage genre. I was just sitting there going, 'why do white people do such dumb stuff in these movies? Why don't they just leave the house?'" Wayans asks. "What if 'Paranormal Activity' happened to a black couple?'"

And so the haunting begins and not without a few blue scenes involving a few stuffed animals and even a ghost or two. "Me and the teddy bears had a blast," Wayans says. "You should interview them. They'll tell you. The two of them fell in love."

COMMISSIONAIRES
TRUSTED • EVERYDAY • EVERYWHERE

DIGITAL FINGERPRINTS AVAILABLE FOR

• POLICE RECORD CHECKS (CPIC)
• VULNERABLE SECTOR CHECKS
• EMPLOYMENT
• ADOPTIONS



SASKATOON COMMISSIONAIRES | 306.244.6588 | www.commissionairesnsask.ca

Max George. ALL PHOTOS GETTY IMAGES

Max George quick to deny Lohan rumours

The Wanted's Max George is going out of his way to make it clear that he is not dating Lindsay Lohan, despite the actress' attempts to keep people guessing about any possible relationship.

When a fan tweeted to George, "If you date with Lindsay, I will die," the British singer responded, "I'm not, so you're fine," adding that reports of his canoodling with the troubled starlet are "rumors, that's all."

Kelly Osbourne

Kelly Osbourne engaged to Matthew Mosshart?

Kelly Osbourne is reportedly engaged to Matthew Mosshart after a very hush-hush proposal a few weeks before Christmas, according to Us Weekly.

"Kelly is the happiest she's ever been," a source says.

"Her career is going well, and she's in a healthy relationship with a wonderful guy."

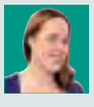
Osbourne met Mosshart at Kate Moss' wedding in July 2011, and the pair have been dating for at least a year.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Having an affair? Have a child to make up for it



THE WORD
Dorothy Robinson
scene@metronews.ca

A good way for the world to forget that whole pesky drama of Coco canoodling with Oakland rapper AP.9 in December? To get knocked up with Ice-T's baby. "I want a little girl!" Coco Austin tells In Touch in this week's issue. "We already have the name — Chanel. I want her to be a lawyer!"

Chanel T will have to wait a bit in the creation department as Coco is filling in for Holly Madison as the star of the burlesque Peepshow at Las Vegas' Planet Hollywood Resort & Casino.

"I want a little doll of my own! I could teach her to walk in heels and do her hair."

I, for one, cannot wait.

Arnold Schwarzenegger

Schwarzenegger trying to get Shriver back

As Arnold Schwarzenegger attempts to mount a comeback for his movie career, he's apparently also looking to get his marriage to Maria Shriver back on track.

Shriver filed for divorce in 2011 after it came to light that Schwarzenegger had fathered a child with the family's housekeeper, but Shriver has made no further action to move the divorce forward since the events occurred.

"We're not fighting a war. I still hope for reconciliation," he tells Germany's Bild newspaper. "I still love Maria."

Twitter

@NiallOfficial
I was not in a crash and that is not my car,

@Rosie
i think manti te'o must be gay

@EdwardNorton
I cut myself on the ribs when I dropped Wes Anderson's new script because I was laughing so hard. Grand Budapest starts this week WesA=fun

@Joan_Rivers
Big news! I'm eating for two. Unfortunately they are my left thigh and my right thigh.

GET A FREE SHOPPERS DRUG MART GIFT CARD

JANUARY 26 & JANUARY 27

GET A FREE SHOPPERS DRUG MART GIFT CARD WORTH $10 WHEN YOU SPEND $50 OR MORE* ON ALMOST ANYTHING IN THE STORE.

HOW WILL YOU SPEND IT?

Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. Offer valid January 26 & 27, 2013 only.

GIFT CARD IS VALID UNTIL FEBRUARY 17, 2013.

SHOPPERS DRUG MART

Hot from hips to heels

She's got the look! Sexy pants and shoes on point. PHOTO BY MICHELLE BOBB-PARRIS

Flared, cropped, slouchy — anything goes when it comes to trousers right now. But the trend comes with its fair share of shoe problems. That's where we come in.

KENYA HUNT
life@metronews.ca

Cropped skinnies

Acne skinny leather trousers, $1,250, acnestudios.com

+

A classic bootie

Whistles suede ankle boot, $238, whistles.co.uk

Styling tip: If the ankle boots are too tall, your legs will look like stubs. You want to show a sliver of sock or skin above the boot.

Tailored wide legs

Stella McCartney wide leg trouser, $595, netaporter.com

+

A bold court shoe

Zara pumps, $90, zara.com

Styling tip: Choose a bright shoe for a flash of colour as you walk.

Slouchy peg legs

ASOS jersey pants, $27, asos.com

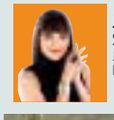
+

A graphic flat

J.Crew printed loafer, $168, jcrew.com

Styling tip: Loafers, yes. Ballet slippers, no. Why? Because this isn't 2004.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Floral appliques in @Dior 's modern romantic garden...

@Jeanne_Beker: Ulyana Sergeenko's precious couture accessories: hand-painted evening boxes+petit point glass frames

The Kit

Canadian street style

Spotted in: Toronto

Heather, student

Age: 23

What she's wearing
H&M hat, Hide House leather jacket, Native(X) scarf, Insight tank, Hoi Bo purse, Guns N Glamour leggings, Doc Marten boots.

Her inspiration
"A smorgasbord of Internet websites, my best friends and my boyfriend."

THE KIT PHOTOBLOGGER: KAYLA ROCCA WWW.KAYLAROCCAPHOTOGRAPHY.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

Coupland authors new furniture line

Author Douglas Coupland teamed up with SwitzerCultCreative to create a line of furniture, being unveiled at Toronto's Interior Design Show this weekend. EMA PETER

Stuck in your JPod?

Best-selling author creates line with writers and artists in mind

Furniture designer is the latest addition to author Douglas Coupland's growing list of accomplishments.

The best-selling author teamed up with SwitzerCultCreative, a brother-sister luxury design collection, to create a line of furniture that is being unveiled at Toronto's Interior Design Show this weekend.

When I first heard about the furniture line, I was curious about what you would be designing — couches, tables, ottomans? But looking at the collection, it makes perfect sense. It's designed for creativity, for a writer, an artist. Why did you want to do this collection?
I've been using an escritoire for years and it's the perfect thing for writing — its ergonomics — it's closeability … and the fact that it feels slightly going-back-in-timeish to use one. It's not a category anyone else on earth is doing right now.

What was the inspiration behind the collection? I know you spent time in Japan; did that experience influence this collection?
Aside from my own happiness with my own escritoire, my time in Japan was a big factor. In art school there, calligraphy is mandatory, and to do it properly, there's a little bit of ritual involved … this desk does that perfectly, but it works for laptops as well as ink.

There seems to be a combination of order, chaos and calm to the collection. You can close the desk, you can slip the seat underneath, and the bookcases can be closed. You can work at them, but at the same time, you can "walk away," take a break. Was this a consideration when you designed them?
I designed the bookshelves 17 years ago and have lived with them all that time, and pretty much every person who's come into the house has asked me where I got them. It took a while for the penny to drop: these are really lovely functional bookcases that work in whatever combination you buy them in. Don't buy a desk if you don't need one, but the bookcases are pure gold. I sound like a catalogue, but it's true. They're crazy useful. And yes, you can close it all and walk away knowing everything's safe. My own desk, under its closed door, is an absolute pigsty — and had I not revealed that to you now, no one on earth would ever know what a desk slob I am.

This seems like a collection for a writer, a scholar, a book lover…
It is!

What sort of things would you write about sitting at a desk like this?
Well I'm going to write what I'm going to write regardless. But there's something intimate about these pieces that in turn fuels an intimacy in what's written. I don't think I could write much of what I do at home in a library carrel or a hotel room.
METRO

THE PIECES

Osaka Bookshelves

Copeland named the stackable shelves after shelving he saw that survived the 1995 Osaka earthquake. "Ninety-nine per cent of books are either paperback, hardcover or 'oversize.' Anyone's book collection will fit snugly and easily into whatever configuration works for them."

Ryoan-ji Lamps

The lamps are available in floor and desk models with a checker-pattern shade made of wire and soji-type material. Copeland was inspired by the temple at Ryoanji in Kyoto. "The sliding doors there have a checkered pattern that melted my brain when I saw them. They're perfect objects."

The Bento Box Escritoire

"Four years ago, I broke my left leg quite badly and for four months I had to reconfigure my entire house. I saw an escritoire on Craigslist and thought: Hmmm … that might just work for me now. And it really did. This piece here is a perfection of my experience with this kind of desk," says Coupland.

The Writer's Seat

"I have memories of my calligraphy teacher in Sapporo hounding me about not slumping," Coupland says about the seat, available in five colours. "To look at the picture, it looks kind of awkward, but when you sit in it, your body goes … oh, now I get it. It's very comfy regardless of your body shape or size."

The Douglas Coupland for SwitzerCultCreative collection is only available through SwitzerCultCreative — switzercultcreative.com

Home design events can help you find your style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It may not feel like winter's going anywhere anytime soon, but spring is only a few months away. In fact, the first signs of the season have already started popping up in various Canadian cities — in the form of home and garden design shows.

Home decor enthusiasts are thrilled that all their local resources gather under one roof to make their upcoming decor, renovation and gardening projects a breeze to research.

One of the first home design shows of the year in Canada is Toronto's Interior Design Show, which runs until Sunday at the Metro Toronto Convention Centre.

Of course, I intend on checking it out for new decor trend inspiration and hopefully I will find a few things to help tackle those lagging decorating projects around my house.

With the cold weather we've been having, it was nice to get inside, check my coat and explore the hundreds of products and services on display.

I was glad to see that the show not only featured the latest and greatest in contemporary and modern decor, but also offered something for the traditionalist at heart.

Being a huge fan of the PBS show Downton Abbey, I found lots of inspiring traditional decor touches to mic into my modern decor; and with Downton Abbey trending like crazy, the show's traditional style will no doubt be peaking into our homes in the near future.

Lucky for me, I got a sneak peak at the show and found some fabulous items that I wanted to bring into my own urban castle.

Here's a few tips and tricks for navigating the large home and design shows:

1. Check your coat. The more comfortable you are, the more time you will want to spend exploring.

2. Leave the young ones at home. There's not a three- year-old on this planet that wants to be there.

3. Bring a list of products or services you are hoping to find. You can use your time much more efficiently if you know what you are looking for.

4. Don't get caught up in "special pricing," especially for large-ticket items. If you are serious about purchasing something, then leave a small deposit or ask for the special price to be extended a week so you can think about it.

5. Check the show's website in advance for free seminars and celebrity appearances you don't want to miss. Some great inspiration from an expert might just help solve a few of your design dilemmas.

Traditional wallpaper can take on a modern feel when printed with updated trend colours like grey and yellow. FARROW-BALL.COM

White Oak Gotham wood flooring: Hand scraped oak floor stained in a cool grey helps to add old-world charm to new, boxy spaces. VINTAGEFLOORING.COM

Lillian August's Albert sofa: Curvy lines and elephant- coloured fabrics help bring tradition to the most modern spaces. cocoonfurnishings.ca

From a small Ontario restaurant to your kitchen table: Annie's Gnocchi

Annie Buttus of That Little Place by the Lights in Huntsville, Ont., turns out amazing homemade gnocchi and lasagna from an electric stove in the basement of the small restaurant she owns with her husband Loris.

Ingredients

Meat Sauce
- 30 ml (2 tbsp) vegetable oil
- 15 ml (1 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) ground beef
- 5 ml (1 tsp) each crumbled dried rosemary, dried oregano, dried parsley, dried basil, dried thyme and chili flakes
- 1 l (4 cups) canned plum tomatoes
- 1 l (4 cups) tomato purée
- 1 can (369 ml/13 oz) tomato paste
- Salt and pepper, to taste

Gnocchi
- 4 medium baking potatoes (unpeeled)
- 2 large eggs, lightly beaten
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) all-purpose flour (approx)

That Little Pace by the Lights is just one of the places John Catucci visited for You Gotta Eat Here!

"That was one of my favourite places that I shot at," Catucci says. "I had gone to the cottage in Huntsville a few times and we stopped in that little restaurant. It's tiny. From the outside I wasn't expecting much. But when you got in, you could smell the tomato sauce cooking right away and you kind of knew that it was the real deal."

In the companion book to his show, Catucci offers the recipe for Annie's Gnocchi.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

1. Sauce: In pot over medium heat, heat oil and butter. Add onion and cook, stirring, until golden brown. Add ground beef and cook until brown.

2. Stir in rosemary, oregano, parsley, basil, thyme and chili flakes, then add tomatoes, tomato puree and tomato paste. Fill each empty can halfway with water and add to sauce. Cook, uncovered and stirring occasionally, for 1 1/2 hours or until your preferred thickness. Season with salt and pepper.

3. Gnocchi: Boil potatoes until easily pierced with a fork. Drain and let cool. When cool enough to handle, peel and mash.

4. Turn mashed potatoes out onto a lightly floured work surface. Make a well in the centre and fill with eggs and salt. Using a wooden spoon or your hands, start mixing in potato from the sides of the well. When all the potato is incorporated, knead dough, adding as much flour as needed to make a firm dough.

5. Divide dough into 4 equal pieces. Dust work surface lightly with flour. With your hands, roll each piece into a rope about 1 cm (1/2 inch) thick. Cut each rope into 1-cm (1/2-inch) long pieces and shape. Place on a baking sheet dusted with flour.

6. Bring a large pot of salted water to a boil. Use bench scraper to scoop up gnocchi and drop into boiling water. When gnocchi rise to the surface, they are ready. Using a slotted spoon, transfer to a bowl. Toss gnocchi with sauce and serve. **THE CANADIAN PRESS/ YOU GOTTA EAT HERE! CANADA'S FAVOURITE HOMETOWN RESTAURANTS AND HIDDEN GEMS BY JOHN CATUCCI AND MICHAEL VLESSIDES (LONE EAGLE ENTERTAINMENT; PUBLISHED BY HARPERCOLLINS CANADA, 2012).**

Cookbook of the Week

Pair the show with its companion book

As the host of TV's You Gotta Eat Here!, John Catucci travels the country highlighting little-known restaurants. Now, he is releasing a cookbook of the same name, co-written with Michael Vlessides.

The book is essentially a companion to the show and includes stories, recipes and more from each restaurant.

Packed with full-colour photographs throughout, You Gotta Eat Here! also includes more than 125 easy-to-follow recipes so you can make outrageously good food at home. **THE CANADIAN PRESS/ METRO**

Maple Fried Oatmeal turns breakfast into sizzling brunch

This recipe comes from Diner Deluxe in Calgary, a restaurant John Catucci of You Gotta Eat Here says is synonymous with brunch. The oatmeal is made traditionally, then spread on a pan and cut into squares when cool. After it's fried, chef James Waters drizzles it with maple syrup, pours rich homemade vanilla bean cream sauce over it and tops it with a dollop of lemon curd.

"It works. It works so well," says Catucci. "It's so, so delicious. They serve it in the skillet and then they add that lemon curd on top of it too. The whole meal was great."

Ingredients

Lemon Curd
- 250 ml (1 cup) sugar
- 2 eggs
- 5 egg yolks
- Zest and juice of 5 lemons
- 250 g (1/2 lb) cold butter, cubed

Vanilla Cream
- 500 ml (2 cups) apple juice
- 125 ml (1/2 cup) maple syrup
- 50 ml (1/4 cup) lemon juice
- 45 ml (3 tbsp) vanilla extract
- 2 l (8 cups) whipping cream

Oatmeal Squares
- 1 l (4 cups) quick-cooking rolled oats
- 50 ml (1/4 cup) brown sugar
- 45 ml (3 tbsp) unsalted butter
- 30 ml (2 tbsp) salt
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) nutmeg
- 125 ml (1/2 cup) dried cranberries

Assembly
- 15 ml (1 tbsp) unsalted butter
- 125 ml (1/2 cup) maple syrup

This recipe serves eight. THE CANADIAN PRESS H/O

1. Lemon Curd: In a heatproof bowl, whisk sugar, eggs, egg yolks and lemon zest and juice until well combined. Whisk over simmering water until a ribbon of mix is visible for a few seconds after whisk is lifted.

2. Remove from heat and whisk in cold butter, a few pieces at a time, whisking until butter is melted and mixture is smooth and cool. Cover surface with plastic wrap and refrigerate until needed.

3. Vanilla Cream: In saucepan, combine apple juice, maple syrup, lemon juice and vanilla. Simmer over medium 8 mins.

4. Stir in whipping cream and return to gentle simmer. Simmer until reduced by half, about 20 minutes. Let cool. Cover surface with plastic wrap and refrigerate until needed.

5. Oatmeal Squares: Lightly butter or line with parchment paper a 23-by-15-cm (9-by-6-inch) baking pan.

6. In saucepan, bring 1 l (4 cups) of water to a boil. Stir in oats, brown sugar, butter, salt, cinnamon and nutmeg. Bring mixture back to a boil, then reduce heat and simmer, stirring until oats are cooked, 8 mins. Stir in dried cranberries, then spread mixture on baking pan. Let cool. Slice into 8 bars.

7. Assembly: In non-stick skillet over medium heat, melt butter. Gently fry oatmeal squares until lightly browned on bottom. Flip squares and cook until golden on second side. Transfer to plates and top each square with 15 ml (1 tbsp) maple syrup, 125 ml (1/2 cup) vanilla cream and 15 ml (1 tbsp) lemon curd. **THE CANADIAN PRESS/ YOU GOTTA EAT HERE! CANADA'S FAVOURITE HOMETOWN RESTAURANTS AND HIDDEN GEMS BY JOHN CATUCCI AND MICHAEL VLESSIDES (LONE EAGLE ENTERTAINMENT; PUBLISHED BY HARPERCOLLINS CANADA, 2012).**

Side dish. Roasted Brussels Sprouts

Roasting brussels sprouts brings out their nutty flavour. This Roasted Brussels Sprouts with Toasted Almonds and Pomegranate Seeds side dish is perfect to serve for winter entertaining while pomegranates are still in season.

1. Place rack in the centre and upper third of the oven. Heat oven to 190 C (375 F).

2. Trim bottom off each sprout and slice in half or in quarters; place sprouts on 2 rimmed baking sheets. Drizzle with olive oil and sliced almonds. Sprinkle with salt and pepper. Roast until tender and golden brown, 35 to 40 minutes, removing pans once or twice during baking to stir and toss brussels sprouts.

3. Transfer sprouts to a large bowl and toss with pomegranate seeds. Season with salt and pepper to taste. Serve warm.

THE CANADIAN PRESS/ CREATED BY JOY WILSON OF JOYTHEBAKER.COM, FOR THE ALMOND BOARD OF CALIFORNIA, ALMONDBOARD.COM

Ingredients
- 1 kg (2 lb) fresh brussels sprouts
- 50 ml (1/4 cup) olive oil
- 175 ml (3/4 cup) sliced almonds
- 1 tsp (5 ml) coarse sea salt
- 2 ml (1/2 tsp) freshly ground pepper
- 125 ml (1/2 cup) pomegranate seeds

Athletics Canada

Two coaches fired after poor showing at London Games

Athletics Canada has fired its two top coaches.

Head coach Alex Gardiner and chief high-performance officer Martin Goulet were let go by track-and-field's national governing body on Wednesday, on the heels of Canada's disappointing performance at last summer's London Olympics.

"I think now, especially with dollars being involved, there's accountability and there are performance expectations," Athletics Canada's CEO Rob Guy said in a phone interview from his Ottawa office. "Really we're in the performance business, we have objectives for performance and, just like anybody else, we need to meet them.

"We get a lot of money to attempt to win medals, and when we don't do that, we need to look at ways as to how we get better."

Canada had set a target of three athletics medals in London, but fell short, coming away with just one.

THE CANADIAN PRESS

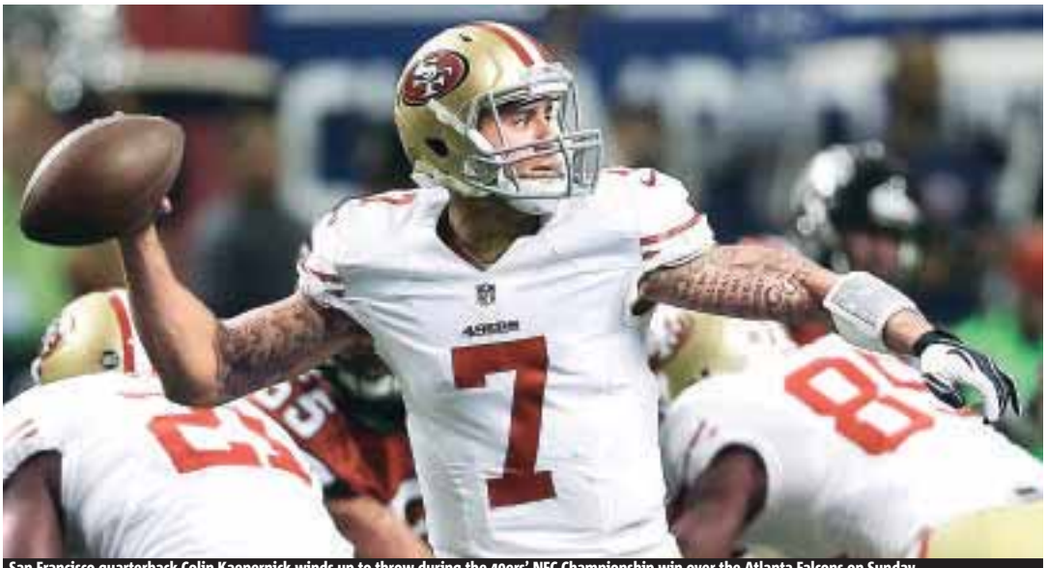
WHL

Blades bullied in Edmonton

Griffin Reinhart scored twice as the Eastern Conference-leading Edmonton Oil Kings defeated the Saskatoon Blades 4-2 on Wednesday.

David Musil and Henrik Samuelsson also scored for the Oil Kings (33-11-5), who won their third straight game. Lukas Sutter and Josh Nicholls replied for Saskatoon (23-21-3).

Edmonton's Laurent Brossoit made 31 saves, while at the other end Andrey Makarov stopped 32 shots. THE CANADIAN PRESS



San Francisco quarterback Colin Kaepernick winds up to throw during the 49ers' NFC Championship win over the Atlanta Falcons on Sunday.
JOHN BAZEMORE/THE ASSOCIATED PRESS

Mound of talent: NFL not only option for Kap

NFL. Long, smooth throwing motion got Niners QB Kaepernick drafted in major leagues

Quoted

"Tremendous football player, basketball player, baseball player, a tremendous athlete with a lot of gifts of God."

49ers coach Jim Harbaugh on his quarterback Colin Kaepernick

Chicago Cubs scout Sam Hughes watches Colin Kaepernick nowadays and still wonders what the strong-armed NFL quarterback might look like on a pitching mound, as a power arm in the pros. It's hard not to, seeing the zip and accuracy on each throw, the competitive fire and fierce focus.

The Cubs never even watched Kaepernick throw a baseball before drafting him in the 43rd round almost four years ago. They did watch him throw a football for Nevada, and decided one college game told them more than enough.

Ultimately, the Cubs couldn't lure Kaepernick away from his first love: Football. Now, he's headed to the Super Bowl, leading the San Francisco 49ers against the Baltimore Ravens on Feb. 3.

Hughes, the longtime national cross-checker in the Cubs scouting department, and several others, including then-general manager Jim Hendry, figured they should give it a shot and hope Kaepernick might reconsider.

"Yeah, that wasn't happening," Kaepernick said with a smile on Wednesday.

Hughes tried for two weeks to convince Kaepernick, who had made it all but clear he wouldn't sign. He was surprised anybody drafted him at all given he had been so upfront about sticking with football.

But Chicago's NFL sources — Hughes said three different teams — figured Kaepernick would be a late-round pick or even someone who might have to go the route of the CFL.

It seems so laughable now. The Niners picked Kaepernick in the second round in 2011, made him the starter midseason this year and are now asking him to carry them to a championship in just his 10th NFL start.

"I was looking at this tall, kind of gangly at the time quarterback that was super athletic and had this really long throwing motion," Hughes said. "I was talking to some of my buddies at Reno and said, 'Boy, I wonder if this kid's ever played baseball, he's got an arm stroke like a pitcher.'"

Kaepernick regularly threw 90 mph in high school, but was now some 40 pounds heavier as a college football player.

"So, I was definitely intrigued, bigger, stronger, more athletic," Hughes said. "Colin had no idea we were even considering drafting him. I kind of caught him off-guard when I called him after we drafted him. He kind of got a kick out of it and said his phone was ringing off the hook that he'd been drafted by the Cubs. He had no idea."

THE ASSOCIATED PRESS

Leafs steal one from Pens in Steel City

Leafs goalie James Reimer makes a save during the Pittsburgh Penguins' home opener on Wednesday night. JUSTIN K. ALLER/GETTY IMAGES

James van Riemsdyk could feel the pressure mounting after going scoreless in his first two games with the Toronto Maple Leafs.

The Pittsburgh Penguins did their best to ease van Riemsdyk's load. The speedy forward scored twice and added an assist in Toronto's surprisingly easy 5-2 win over the Penguins on Wednesday.

"Both those goals, I really didn't have to do too much," van Riemsdyk said.

Not the way the sloppy Penguins were handling the puck.

Van Riemsdyk gave Toronto the lead for good late in the second period when a weak clearing pass by Pittsburgh's Evgeni Malkin ended up right on van Riemsdyk's stick at the top of the left circle. The quick shot that followed whizzed over Marc-Andre Fleury's glove and highlighted a night that sent the Penguins crashing back to earth after rousing opening weekend road wins in Philadelphia and New York.

Wednesday night

Leafs	Penguins
5	2

Clarke MacArthur, Mikhail Grabovski and Tyler Bozak also scored for the Maple Leafs. Nikolai Kulemin added three assists and James Reimer stopped 28 shots in his first start of the season.

"I think we've showed we can play the rugged defensive game and tonight we have the ability to score as well," MacArthur said. "If we can find a way to use both things every night, you've got a good team and a good chance every night."

THE ASSOCIATED PRESS

4 SPORTS

St-Pierre and Diaz to settle the score in champion's hometown

UFC. Canadian welterweight opted to defend title instead of fighting middleweight kingpin Silva

UFC welterweight champion Georges St-Pierre looks on during a news conference on Wednesday in Montreal. St-Pierre will fight Nick Diaz in UFC 158 on March 16. PAUL CHIASSON/THE CANADIAN PRESS

If there is unfinished business between welterweight king Georges St-Pierre and bad boy Nick Diaz, it will be settled at UFC 158 in Montreal on March 16.

UFC boss Dana White wanted to pit St-Pierre against Anderson Silva, a bout many fans have waited for, but the champion from Montreal asked for Diaz.

"Georges has been a great champion and he's been great for the company and if he wants another fight, we'll make it for him," White said Wednesday at a news conference attended by a throng of media and about 100 fans. "We knew Nick wanted the fight, so it worked out."

It will be the main event on a card that features six of the top-10-ranked welterweights.

The co-feature between St-Pierre's training partner Rory (Ares) MacDonald (14-1) and Carlos Condit (28-6) and another 170-pound bout pitting Johny Hendricks (14-1) against Jake Ellenberger (28-6) may help decide who St-Pierre's future opponents will be if he stretches his winning streak to 11 by defeating Diaz.

"This is the big fight that people wanted to see, more than any other guy," said St-Pierre (23-2). "For me, Nick is the No. 1 contender.

"There's a history between us. We both wanted this fight for a long time. Let's do it."

The two were scheduled to square off nearly two years ago, but Diaz (27-8-1) was dropped from the bout when he failed to turn up at two promotional events.

St-Pierre mentioned he was glad to see Diaz present and accounted for.

"I'm just happy to get the show on the road," said Diaz, the former Strikeforce champion. THE CANADIAN PRESS

Fighting words

"It wasn't very professional on my part. I wanted to fight, but I had to learn my lesson."

Nick Diaz on failing to fulfil commitments prior to his previous scheduled fight against St-Pierre.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	2	2	0	0	5	1	4
Pittsburgh	3	2	1	0	11	9	4
NY Islanders	2	1	1	0	5	5	2
NY Rangers	3	1	2	0	8	12	2
Philadelphia	3	0	3	0	3	11	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	3	2	0	1	8	6	5
Ottawa	2	2	0	0	8	1	4
Buffalo	2	2	0	0	7	3	4
Toronto	3	2	1	0	8	5	4
Montreal	2	1	1	0	5	3	2

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	3	2	1	0	13	8	4
Winnipeg	3	1	1	1	6	8	3
Florida	3	1	2	0	6	9	2
Washington	2	0	2	0	5	10	0
Carolina	2	0	2	0	2	9	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	3	3	0	0	14	8	6
St. Louis	3	2	1	0	12	6	4
Nashville	3	1	0	2	8	8	4
Columbus	2	1	0	1	6	6	3
Detroit	3	1	2	0	5	11	2

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	3	2	1	0	6	5	4
Colorado	2	1	1	0	5	5	2
Edmonton	2	1	1	0	6	8	2
Vancouver	2	0	1	1	5	10	1
Calgary	2	0	2	0	5	9	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	10	4	4
Anaheim	2	2	0	0	12	7	4
Dallas	3	2	1	0	6	5	4
Phoenix	2	0	2	0	7	10	0
Los Angeles	2	0	2	0	3	8	0

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results
Toronto 5 Pittsburgh 2
NY Rangers 4 Boston 3 (OT)
Columbus at Phoenix
Calgary at Vancouver

Tuesday's results
Chicago 3 St. Louis 2
Colorado 3 Los Angeles 1
Dallas 2 Detroit 1
Montreal 4 Florida 1
Nashville 3 Minnesota 1
New Jersey 3 Philadelphia 0
San Jose 6 Edmonton 3
Tampa Bay 4 Carolina 1
Winnipeg 4 Washington 2

Thursday's games
All Times Eastern
NY Islanders at Toronto, 7 p.m.
Montreal at Washington, 7 p.m.
Buffalo at Carolina, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Columbus at Colorado, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
Phoenix at San Jose, 10:30 p.m.

Friday's games
Washington at New Jersey, 7 p.m.
NY Islanders at Boston, 7 p.m.
Carolina at Buffalo, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Pittsburgh at Winnipeg, 8 p.m.
Vancouver at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	2	4	6
Hossa, Chi	4	1	5
Marleau, SJ	4	1	5
Winnik, Ana	4	1	5
Tarasenko, STL	3	2	5
St. Louis, TBL	3	2	5
Kane, Chi	2	3	5
Couture, SJ	2	3	5
Conacher, TBL	2	3	5
Pominville, Buf	1	4	5
Koivu, Ana	1	4	5
Stamkos, TBL	1	4	5
Shattenkirk, STL	0	5	5
Thornton, SJ	0	5	5
Heatley, Min	3	1	4
Erat, Nash	2	2	4
Getzlaf, Ana	2	2	4

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	27	12	.692	—
New York	25	14	.641	2
Indiana	26	16	.619	2 1/2
Brooklyn	25	16	.610	3
Chicago	25	16	.610	3
Atlanta	24	18	.571	4 1/2
Milwaukee	22	18	.550	5 1/2
Boston	20	21	.488	8
Philadelphia	17	25	.405	11 1/2
Detroit	16	26	.381	12 1/2
Toronto	15	27	.357	13 1/2
Orlando	14	27	.341	14
Cleveland	11	32	.256	18
Charlotte	10	32	.238	18
Washington	9	30	.231	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	33	9	.786	—
San Antonio	33	11	.750	1
L.A. Clippers	32	11	.744	1 1/2
Memphis	26	14	.650	6
Golden State	25	15	.625	7
Denver	25	18	.581	8 1/2
Utah	22	19	.537	10 1/2
Houston	22	21	.512	11 1/2
Portland	20	21	.488	12 1/2
Minnesota	17	21	.447	14
Dallas	18	24	.429	15
L.A. Lakers	17	24	.415	15 1/2
Sacramento	16	26	.381	17
New Orleans	14	27	.341	18 1/2
Phoenix	13	28	.317	19 1/2

Note: division leaders ranked in top four positions regardless of winning percentage.

Wednesday's results
Miami 123 Toronto 116 (OT)
Atlanta 104 Charlotte 92
Chicago 85 Detroit 82
Brooklyn at Minnesota
Denver at Houston
L.A. Lakers at Memphis
New Orleans at San Antonio
Washington at Utah
Indiana at Portland
Phoenix at Sacramento
Oklahoma City at Golden State

Tuesday's results
Cleveland 95 Boston 90
Detroit 105 Orlando 90
Milwaukee 110 Philadelphia 102
Oklahoma City 109 L.A. Clippers 97

Thursday's games
All Times Eastern
Toronto at Orlando, 7 p.m.
New York at Boston, 8 p.m.
L.A. Clippers at Phoenix, 10:30 p.m.

NFL. Seau family sues, claims league hid perils of repetitive blows to head

Add Junior Seau's family to the thousands of people who are suing the NFL over the long-term damage caused by concussions.

Seau's ex-wife and four children sued the league Wednesday, saying the former linebacker's suicide was the result of brain disease caused by violent hits he sustained while playing football.

The wrongful-death lawsuit, filed in California Superior Court in San Diego, blames the NFL for its "acts or omissions" that hid the dangers of repetitive blows to the head. It says Seau developed chronic traumatic encephalopathy (CTE) from those hits and accuses the NFL of deliberately ignoring and concealing evidence of the risks associated with traumatic brain injuries.

Seau died at age 43 of a self-inflicted gunshot in May. He was diagnosed with CTE, based on posthumous tests, earlier this month.

An Associated Press review in November found that more than 3,800 players have sued the NFL over head injuries in at least 175 cases as the concussion issue has gained attention in recent years. The total number of plaintiffs is 6,000 when spouses, relatives and other representatives are included.

Scores of the concussion lawsuits have been brought together before U.S. District Judge Anita B. Brody in Philadelphia.

Junior Seau THE ASSOCIATED PRESS FILE

"Our attorneys will review it and respond to the claims appropriately through the court," the NFL said in a statement Wednesday.

Helmet manufacturer Riddell Inc. is also a defendant, with the Seau family saying Riddell was "negligent in its design, testing, assembly, manufacture, marketing and engineering of the helmets" used by NFL players. The suit says the helmets were unreasonably dangerous and unsafe.

Riddell issued a statement saying it is "confident in the integrity of our products and our ability to successfully defend our products against challenges." THE ASSOCIATED PRESS

NFL

Payton back at helm for Saints

New Orleans Saints coach Sean Payton likes to jot down to-do lists and notes on yellow pads.

Payton has had time to fill a nice stack of those this season. The Saints coach returned to work Wednesday following a nearly yearlong suspension for his role in the team's bounty program with some catching up to do.

The newly reinstated Payton watched the Senior Bowl practices and planned to meet later in the day with the staff to evaluate a defence that struggled during a 7-9 season and opened with four straight losses. Payton said there are plenty of challenges, from fixing the defence to replacing departed coaches and evaluating staff and players. Then, of course, there's getting ready for the draft and studying available free agents.

Payton told reporters that he and NFL commissioner Roger Goodell agreed not to discuss specifics about whether there was an organized bounty system.

"It's time for us as a team, it's time for us as a league, to take this next step forward," Payton said. THE ASSOCIATED PRESS

Fake girlfriend hoax

Te'o asks, 'What would you do?'

Notre Dame linebacker Manti Te'o admitted to Katie Couric he answered questions about his "dead" online girlfriend even after he received a call Dec. 6 from a woman posing as the fake person.

Te'o also maintained he played no part in the hoax.

Te'o claims he never met Kekua in person, but developed a serious relationship with her through phone calls and electronic messages.

"Katie, put yourself in my situation. I, my whole world told me that she died on Sept. 12," Te'o said in an interview to air Thursday on Couric's syndicated talk show. "Now I get a phone call on Dec. 6, saying that she's alive and then I'm going (to) be put on national TV two days later. And to ask me about the same question. You know, what would you do?"

The Heisman Trophy finalist made at least three references to his girlfriend in media interviews after Dec. 6, including during ESPN's Heisman presentation show on Dec. 8. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
No matter how much of a livewire Aries you happen to be, there are only 24 hours in a day. If you want to do more in one area, you will have to do less in another. Start making plans right away.

♉ Taurus
April 21 - May 21
It's true that the higher you aim, the more challenges you will face but if you know what you want and if you believe in yourself there is nothing you cannot accomplish. Show the world what you're made of.

♊ Gemini
May 22 - June 21
Do something positive with your time and energy today. The Sun in your fellow Air sign of Aquarius raises your spirits and makes you believe that all things are possible. But it's still up to you to make the effort.

♋ Cancer
June 22 - July 23
The planets are making it easy for you to make difficult decisions. You know what needs to be done and you know if you don't do it no one else will either. You're clearly motivated to make a difference.

♌ Leo
July 24 - Aug. 23
Cosmic activity in your opposite sign means you must take other people's opinions into account now. If you put your own ego needs first, you can expect to meet some stiff opposition over the next few days.

♍ Virgo
Aug. 24 - Sept. 23
The Sun in the wellbeing area of your chart means you have to be a bit more sensible about what you do and how you do it. It's totally OK to work hard, but not so hard that you run yourself into the ground. That's never OK.

♎ Libra
Sept. 24 - Oct. 23
Creatively and romantically the next few weeks are going to be a lot of fun, so set your sights high and don't let anyone tell you that you are expecting too much from life. You'll get all you desire and more.

♏ Scorpio
Oct. 24 - Nov. 22
You need to pay attention to what loved ones are trying to tell you. Being a Scorpio, it's quite easy for you to switch off and ignore those around you but if you do that now you'll mess up big time.

♐ Sagittarius
Nov. 23 - Dec. 21
Over the next few days you will find that things start going your way for a change, which in turn will make you feel happier about life generally. Sagittarians who enjoy meeting new people will be in their element.

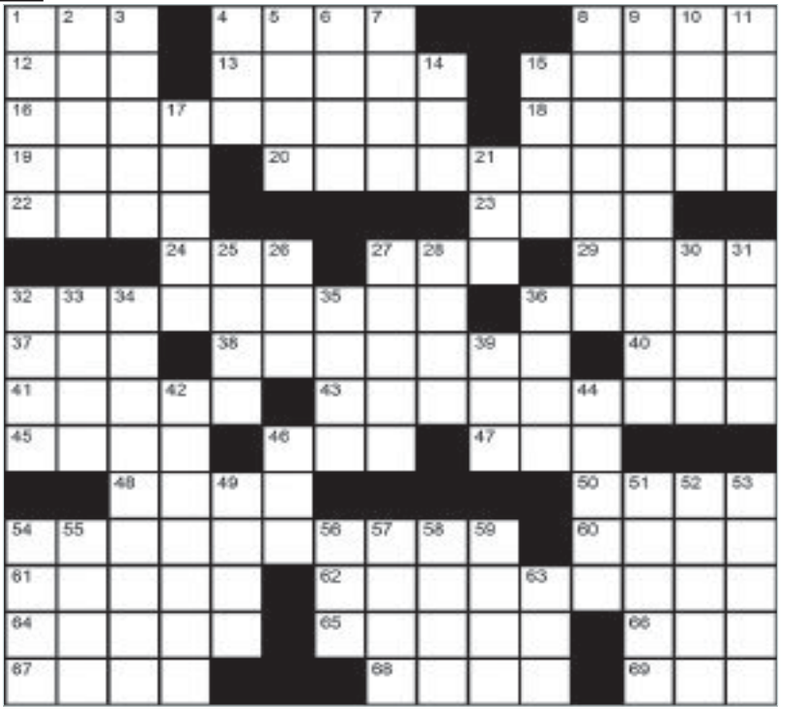
♑ Capricorn
Dec. 22 - Jan. 20
You've had a lot of ideas and started a lot of new projects in recent weeks. But if you want to be successful, you must be selective. Commit yourself to a single ambition and focus all your energies in that direction.

♒ Aquarius
Jan. 21 - Feb. 19
Forget everything that has gone before because the only thing that matters is what comes next. The Sun in your sign means a new start is possible, and the sooner you begin the sooner you will be smiling again.

♓ Pisces
Feb. 20 - March 20
You feel more deeply than others but that can sometimes put you at a disadvantage. For the remainder of the week, you need to use your head more. Logic is as important as intuition. SALLY BROMPTON

Crossword: Canada Across and Down

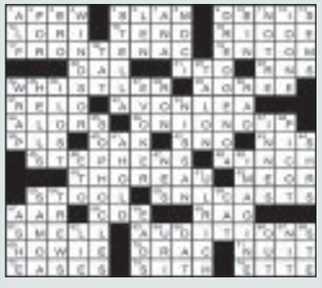
BY KELLY ANN BUCHANAN



Across
1. __ _ T (Perfectly suited)
4. Dime, for one
8. "Star Trek: Deep Space Nine" role
12. Sort of tide
13. Year: French
15. Company in 2001 headlines
16. Participant in MuchMusic's 'Search': 2 wds.
18. "Dead __ Society" (1989)
19. "Ouch!"
20. Tragically Hip singer: 2 wds.
22. French 101 verb
23. Strait of Belle __
24. Catch
27. Barley bristle
29. Danish shoe brand
32. Village in Harry Potter's world
36. Old Testament hymn
37. Lettered grocery store
38. Canadian hurdling champion Ms. Felicien
40. Narrow inlet
41. Actress Ms. Ward's
43. Canadian ballet star: 2 wds.
45. Poivres partners
46. Toronto Stock Exchange, cool-style
47. Floral necklace
48. Prefix with 'sphere'
50. Grate
54. Canadian-invented dessert: 2 wds.
60. Preposition
61. 'Weird Al' Yankovic hit: 2 wds.
62. Leonardo da Vinci drawing, __ Man
64. Ballet class handrail
65. SNL alum Cheri
66. Bdwy. musical, with Les
67. Country singer Collin
68. Make money
69. Verdi aria: "__ Tu"

Down
1. Topol's "Fiddler on the Roof" (1971) role
2. __ d'art
3. Don't like at all
4. Ottawa, e.g.
5. Blood type, _ __.
6. Bit of knowledge
7. Prefix to 'ologist'
8. Beyonce's last name
9. "Fame" (1980) star: 2 wds.
10. __ de boeuf
11. L'__ aux Meadows
14. Yore
15. Heroic verse
17. Movie actor Mr. Wilson's
21. Clamour
25. Rocker's li'l speakers
26. Bzzz-er
27. Type of antelope
28. Figure skater Johnny
30. Old Rome's 152
31. Sultanate of __
32. Kitty's sound effect
33. Arch type
34. Valour
35. Noah-style boats
36. Window piece
39. Address book no.
42. Fred of dance
44. Russian ballet company
46. Canuck comic Mr. Green
49. Bitty bug
51. Cartoon style of Japan
52. Step
53. Investment fraud scheme
54. Omaha, __.
55. Small battery size
56. Lacto-__ vegetarian
57. Chomp
58. Over-fed = __ _ lot
59. Keyboard letter, but it's stuck
63. 'Peng' tail?

Yesterday's Crossword

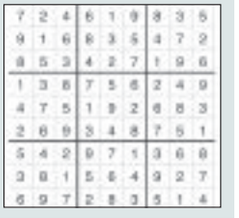


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

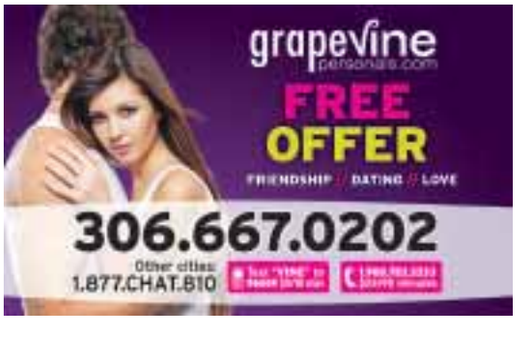
4			5		2			
3	6						1	8
	5			3		4		
	3		8	5				9
		8				7		
5				9	1		3	
		7		2			6	
9	1						8	5
			3		9			7

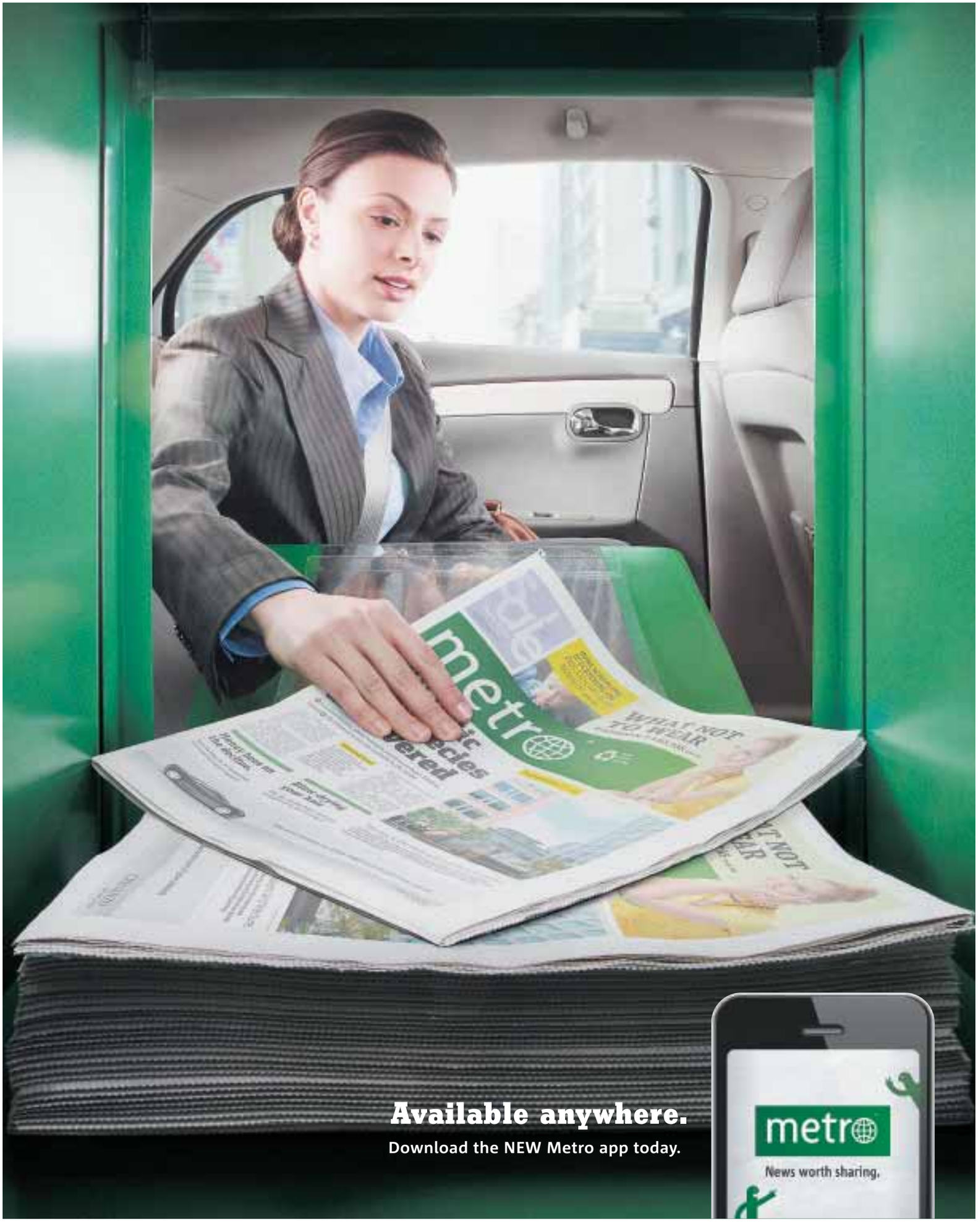
Yesterday's Sudoku



Sharability

easy hard





Available anywhere.

Download the NEW Metro app today.